

WELL AWARE



July 2011

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Contact DelaWELL

www.delawell.delaware.gov

1-800-556-6106

EMAIL: Employee.wellness@state.de.us

Alere®

<https://delawell.alerehealth.com>

1-866-674-9103

Contact Statewide Benefits Office

www.ben.omb.delaware.gov

1-800-489-8933 OR (302) 739-8331



DelaWELL Rewards Are As Easy As 1 – 2 – 3!

July 1, 2011 to May 31, 2012

Take steps today to reach your health and wellness goals, whether you want to lose weight, get more active, quit smoking, manage your stress, improve your nutrition or maintain a healthy lifestyle.



1) Participate in a **DelaWELL Health Screening** from July 18, 2011 through November 2011 AND January through April 2012. To register for a Health Screening appointment nearest you, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the “Appointment Registration” link located on the left menu under Health Screenings.

2) Complete your confidential online **Wellness Assessment** questionnaire for 2011-2012. To access and complete your online Wellness Assessment, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

3) Actively participate in a **Health Coaching or Condition Care Program**. Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> or call (866) 674-9103 to find out more and enroll.

Complete Steps 1 and 2 to earn the Silver Level: \$100 DelaWELL Reward

OR

Complete Steps 1 and 2 and 3 to earn the Gold Level: \$200 DelaWELL Reward

(Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a free: Three-Month YMCA Family Membership OR One-Year YMCA Family Membership)

Learn more about the 2011-2012 DelaWELL Program, the program activities and ways to earn DelaWELL Rewards at <https://delawell.alerehealth.com>. Once logged in, click on “Program Overview” located on the left menu.



The DelaWELL Health Management Program is offering a special seminar topic this July to kick-off the NEW 2011-2012 Plan Year:

“This Is Your Year... This Is Your Health... Make It Happen!”

Get Excited About Your Health and Learn:

- What motivates you and the process of behavior change
- Simple steps to a healthier and happier you
- Ways to get SMART about your wellness goals
- How to set yourself up for success by joining the State’s wellness journey
- Inspiring success stories, including amazing before and after pictures
- Overview of the 2011-2012 DelaWELL Program initiatives: Including the \$100 and \$200 Cash Incentive, online Wellness Assessment, onsite Health Screenings, Health Coaching Programs, Condition Care Programs, Online Resources, Nurse24, Wellness Challenges, and much more...

Register to attend a seminar nearest you by visiting www.delawell.delaware.gov and clicking on the “DelaWELL University Onsite Health Seminars” link.



You wouldn't knowingly expose yourself or your family to radiation, would you? That's exactly what you're doing if you spend time outdoors without sun protection.

NURSE24™ RECOMMENDS THAT YOU:

- Avoid sun exposure 10 a.m. to 4 p.m.
- Apply SPF 30+ sunscreen 20 minutes before you go outdoors
- Protect your eyes with wrap-around sunglasses that block at least 99 percent of UVA and UVB rays
- Shield your face and ears with a broad-rimmed hat

Trust Nurse24 for more expert health advice and tips. We're on-call 24/7 anytime you are ill, injured and need medical advice – fast! It's free and completely confidential.

**Call Nurse24 today at
(866) 674-9103**



Healthy Recipe

tropical slaw



Choose a slightly under ripe papaya for this recipe.

Takes Under 30 minutes

Makes about 7 cups (30 oz/900 g), 8 servings

INGREDIENTS:

- 2 navel oranges
- 1 medium jicama, peeled and cut into julienne strips
- 1 cup (6 oz/180 g) julienned papaya
- 1 cup (6 oz/180 g) julienned hearts of palm
- 1/2 red onion, cut in half vertically and very thinly sliced
- 1 teaspoon grated lime zest
- Juice of 1 lime
- 1/4 teaspoon crushed red pepper flakes
- 1/8 teaspoon sea salt

PREPARATION:

1. With a serrated knife, cut rind and pith from oranges. Cutting between the membranes, remove orange sections and let them drop into a bowl as you work.
2. Add remaining ingredients and toss to mix.

NUTRITIONAL INFO PER SERVING

68 Calories

0.2g Fat

0g Saturated fat

2.0g Protein

17g Carbohydrate

3.7g Fiber

43mg Sodium

For more great healthy recipes, visit the
DelaWELL Health Portal at
<https://delawell.alerehealth.com>



The Fitness Guru Says...

Question of the Month: "What things should I watch out for when exercising in the heat?"

Dear Employee,

Exercising in the heat can be risky if you aren't careful. The body cools off by sweating and as long as you remain hydrated, the body is able to cool itself off. When you become dehydrated, the problems start. If the body can no longer cool itself, it starts storing heat inside. The core temperature begins to rise and you put your internal organs and central nervous system at risk.

Heat exhaustion and heat stroke, dangerous side effects of overdoing summer exercise, come when the body can no longer sustain the pace, the heat, the humidity, or the loss of fluid. Signs of heat exhaustion include general fatigue, weakness, nausea, dizziness, muscle cramps and an increase in body temperature.

This doesn't mean that you have to abandon your quest for a great summer workout. Just be sure to stay well hydrated throughout the day, by drinking fluids with your meals.

Best of Health!

F.G. (a.k.a. Fitness Guru)

EyeMed VISION CARE®

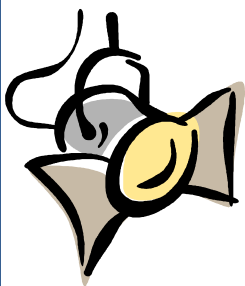
Eyes Are at Risk for Skin Cancer, Too

When you think of skin cancer, you probably don't think of your eyes. Yet increased sun exposure can cause cancerous growths both in and around the eyes. Though rare, these melanomas can cause vision loss if not treated.

Intraocular melanoma, in which cancer cells form in the tissues of the eye, is the most common form of eye cancer in adults. Like other sun-related cancers, lifestyle changes can reduce the likelihood of developing intraocular melanoma. The most obvious method of prevention is wearing sunglasses. The American Cancer Society recommends sunglasses that block 99% to 100% of ultraviolet A rays.

Intraocular melanoma is often found during a comprehensive eye exam. Symptoms include a dark spot on the iris (colored part of the eye), blurred vision, a change in pupil shape or a change in vision. Intraocular melanoma is highly treatable if caught early but can cause glaucoma and even blindness if untreated. When putting on your sunscreen before a day outside, don't forget to protect your eyes, too!

To learn more about your vision benefits, please visit www.eyemedvisioncare.com.
Sources: National Cancer Institute, American Cancer Society



MOTIVATION STATION:

“By participating in the DelaWELL program with fellow employees, we helped each other by pushing and challenging one another.”

Paul Kulesza

**Chief Transportation Supervisor
Delaware Transit Corporation (DTC)**

November 2010 – 255 lbs.



June 2011 - 222.5 lbs.



Paul enrolled in the DelaWELL Health Management Program back in November 2010 to find a way to motivate himself and the employees at Delaware Transit's mid-county location to lose weight and exercise.

Paul was alarmed at the results of his DelaWELL online Wellness Assessment and Health Screening. His blood pressure was usually normal even though he always had a weight problem, but at Paul's DelaWELL health screening his blood pressure was revealed to be "borderline high." His HDL (good cholesterol) was always very good and his LDL (bad cholesterol) was always low. However, the health screening revealed the exact opposite.

After Paul's DelaWELL Health Screening, he talked to several mid-county employees, and they agreed to start seriously following and participating in the DelaWELL program starting January 2011. With the help of DelaWELL, Paul and his group improved their eating habits and started exercising on a regular basis. They started eating more fruits and vegetables, watching their portion sizes, walking during their lunch and other breaks, as well as walking at home each night.

“By participating in the DelaWELL program with fellow employees, we pushed and challenged one another. We were also encouraged by Delaware Transit Corporation's HR Manager/Wellness Champion, Beverly Barr-Ford, who made frequent visits to motivate and assist employees to get involved in the DelaWELL program. We have grown from the original three employees who started the program at Delaware Transit's mid-county location to over ten. We soon had these employees also walking during their breaks and lunch hour.”

Paul has lost a total of 32.5 pounds by modifying his diet and exercising. He hopes to continue with the new 2011-2012 DelaWELL program year starting in July and lose an additional 20 pounds.

Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at Employee.Wellness@state.de.us for possible posting in upcoming editions of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit www.delawell.delaware.gov and click on the “Motivation Station” link.



Do you have enough life insurance?

Your situation is unique so only you can determine the exact amount of life insurance you need. When choosing the amount of coverage, think about the amount of money needed to maintain your family's lifestyle. How much would your family need to live comfortably without compromising short and/or long term plans? A good starting point is to reflect on your standard of living. Consider:

- Your current assets and liabilities
- The earning power of a surviving spouse
- Other sources of income
- Future expenses like your children's college education

**Try Minnesota Life's
Insurance Needs Calculator:**

www.lifebenefits.com/insuranceneeds

What's your personal situation?

Before using the insurance needs calculator, consider your financial situation and your specific circumstances at this point in your life:

- **Single and in your 20s**, you may need life insurance to pay off student loans, car payments, credit cards and other debts so they do not become the responsibility of another family member. Hard as it is to imagine, if you die, your family also needs cash on hand to cover your final expenses.
- **Married with young children**, you most likely have modest savings and big responsibilities – a mortgage, child care and other monthly bills. If you die prematurely, life insurance will help your spouse maintain your home and provide support for your children.
- **Single parent and the sole breadwinner**, life insurance will help cover your children's day care costs, other living expenses, and fulfill plans for future education.
- **Married homeowner with no children**, life insurance can provide money to meet financial obligations and help your spouse maintain assets and the lifestyle you've both worked hard to achieve.
- **Married with college-age children and/or elderly parents**, a premature death could deplete your retirement savings or other assets. Life insurance can help replace lost income to cover the cost of current living expenses, college tuition, and/or your parents' care.
- **Married with adult children**, you may have less need to carry life insurance to cover current expenses as when your loved ones were relying on your income. You may want to consider life insurance as an opportunity to support your favorite charities, build a legacy for your children and grandchildren, or cover estate taxes.

Group Universal Life Insurance

Benefit eligible employees may purchase one to six times annual base pay up to \$350,000. During your initial eligibility period, employees may purchase one, two or three times annual base pay up to \$200,000 without providing proof of good health. All other amounts will require proof of good health. Employees can enroll or change current coverage election(s) at any time, by providing proof of good health to Minnesota Life.

Questions about your life insurance?

Call Minnesota Life's customer service center at 1(877) 215-1489, Monday through Friday between 8:00 a.m. and 7:00 p.m. (EST), or email us at lifebenefits@securian.com. You may also contact Leslie Ramsey, at the Statewide Benefits Office at (302)739-8331 or by email at leslie.ramsey@state.de.us.

Products are offered under policy form series 00-30252. Please refer to your certificate for details regarding your plan.

Over 200 DelDOT Employees Learn How the DelaWELL Program Can Help Them Maintain and Improve Their Health



On April 15, 2011, Aaron B. Schrader (Health Promotion Coordinator- Statewide Benefits, DelaWELL Program) provided a presentation for over 200 Delaware Department of Transportation (DelDOT) employees at their annual training event in Georgetown, DE. During the presentation, Aaron provided an overview of the NEW 2011-2012 DelaWELL Program Year, as well as discussed the importance of heart health, regular physical activity and lower back pain prevention.

"The topic held the group's attention and I had very favorable comments from the employees after the training. They were excited to learn about the 2011-2012 program activities, incentives and how to get involved. The men and women at this training work very hard, often for long hours, to keep our roads and highways safe and well maintained. Maintaining good health and reducing risk of injury is important to their work and vitality. I commend DelDOT's leadership for having the DelaWELL program be part of their annual training, as this clearly demonstrates the commitment they have to the health and well-being of their workers," Aaron said.

If your state agency or school district has an event that you would like the DelaWELL Health Management Program to be part of, please email the DelaWELL team at Employee.Wellness@state.de.us with information.

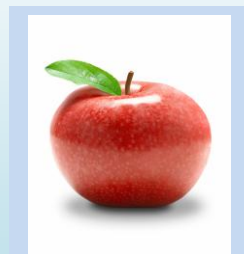
Benefits News

REMINDER:

If you are enrolled in any of the State's Health Care Plans effective July 1, 2011, your July 15, 2011 paycheck will include the first benefit deduction(s) for the current plan year. It is important you verify the benefit deduction(s) amount contained in your July 15, 2011 pay advice or paycheck. You can view your pay advice or paycheck on-line.

To view current pay advice and/or live paycheck data:

- Go to : <https://eapps.erp.delaware.gov/>
- **EMPL ID:** Enter (6 Digit Employee ID number)
- **Password:** Enter Password



QUESTIONS: Please contact your Human Resources/Benefits Office or the Statewide Benefits Office (toll-free) 1-800-489-8933 or (302) 739-8331.

More detailed information about your benefits can be found at www.ben.omb.delaware.gov.